INNERWORKS
MEDIATION & CONFLICT RESOLUTION

# CINERGY® Conflict Management Coaching Workshop (Online)

## Providing A Well-Researched & Highly Effective Coaching Process

This comprehensive workshop will equip you with the essential knowledge & tools to effectively coach people, on a one-on-one basis, to manage & engage in their interpersonal disputes.

You will also gain increased understanding about several conflict concepts & strengthen your insights about the dynamics that commonly lead to disputes.

Elevate your expertise, in whatever capacity you work with people in conflict, by learning a unique model for coaching others to gain increased competence & confidence to more effectively manage their conflicts.

## When You Enrol In The CINERGY® Conflict Management Coaching Workshop You Can Expect To:

- Learn the coaching, conflict management & neuroscience pillars of the unique CINERGY® model;
- Gain the knowledge & skills to add conflict management coaching to your toolbox;
- Learn the unique 7 step CINERGY® model of conflict management coaching that methodically guides recipients to gain the insights & perspectives to help them take action & reach their goals.
- Discover the transformative impact of conflict management coaching in both personal & professional contexts;
- Differentiate conflict management coaching from other modalities & dispute resolution techniques, while gaining an understanding of its unique strengths & applications;
- Consider logistics, marketing ideas & other practical tips for providing this process

## What is Conflict Management Coaching?

Conflict management coaching, also known as conflict coaching, is a specialized niche in the field of coaching and conflict management.

It is a process in which a trained coach assists people on a one on one basis to effectively manage their interpersonal disputes and enhance their conflict management skills.

This technique may also be used to coach people to more confidently and effectively participate in mediation, negotiation and other dispute resolution techniques.

## Methods Used in the Workshop

Through practices, demonstrations, self reflection & discussion, participants develop & practice conflict management coaching techniques & skills.

## Participants

The training will be of specific interest to coaches, workplace, family and other mediators (interpersonal conflicts), HR Professionals, lawyers, leaders and others who work with people in conflict.

## Contact Us

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Following the Conflict Management Coaching Workshop, participants who complete the workshop may choose to receive a free monthly newsletter called “CINERGEMS” and attend a ‘teletalk’ on conflict management coaching practice topics held monthly by CINERGY® at no cost.

For over 20 years thousands of people have been trained around the world - virtually & in-person in the unique & highly effective CINERGY® model of conflict management coaching.

The CINERGY® model is a 7-step process that seamlessly blends the principles of conflict management, coaching, & neuroscience to transform how individuals approach & manage conflict. For over two decades, thousands of people worldwide have learned this unique methodology, empowering them to navigate conflict with greater confidence, competence, & effectiveness.

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| Workshop Dates: | Six 3 hour sessions, over 6 days (October 5th -21) |
| Cost: | €1,650 per person |

CCE Continuing Coach Education International Coach Federation

The CINERGY® conflict management coaching workshop has been approved and certified by the International Coaching Federation (ICF). Participants who successfully complete this program will receive continuing education credits that can be applied towards any ICF coaching designation.

Take your conflict management skills to the next level and make a positive impact on the lives of others.

## Louise Hyland – Your Workshop Instructor



Louise Hyland

Louise is a CINERGY® Accredited Trainer, ICF-accredited PCC coach, and workplace mediator with 30 years’ leadership experience. She helps individuals and teams navigate conflict and difficult conversations with clarity and confidence. Through Innerworks Coaching and Training, she delivers coaching, mediation, and CINERGY® training that builds real-world conflict competence.

CINERGY® Certified Management Coach and Accredited Coach-Mentor

delivered virtually using zoom

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